



Healthy Menu Planning Checklist

HealthierUS School Challenge 2008

<http://www.teamnutrition.usda.gov/HealthierUS/index.html>

HealthierUS School Challenge Menu Criteria - Lunch	Met	Not Met
Five different fruits and vegetables offered each week (minimum ¼ cup serving).		
Dark green and/or orange vegetables (not fruits) offered 3 or more days/week (minimum ¼ cup serving).		
For Gold, 2 fruits must be fresh/week. For Silver/Bronze, 1 fruit must be fresh/week. There is no requirement for fresh vegetables.		
Cooked dry beans or peas (legumes)—one or more servings offered each week.		
For Gold, at least one grains/bread <i>serving</i> of a whole grain food offered each day. For Silver/Bronze, at least one grains/bread <i>serving</i> of a whole grain food offered 3 or more times per week.		
Only low-fat (1% or less) or fat-free milk offered daily.		
Competitive Foods/A La Carte/Second Servings		
Silver/Bronze During meal periods in the foodservice area, the school does not sell/serve any food or beverage in competition with reimbursable meals. OR During meal periods in the foodservice area, all the foods and beverages the school sells/serves in competition with reimbursable meals, meet the criteria specified in the instructions. Gold: Throughout the school day (including meal periods) and throughout the school campus, the school does not sell/serve any food or beverage other than reimbursable meals. OR Throughout the school day (including meal periods) and throughout the school campus, all the foods and beverages the school sells/serves other than reimbursable meals, meet the criteria specified in the instructions.		
≤35% of calories from total fat, excluding nuts, seeds, and nut butters. Reduced fat cheese is exempt.		
<10% of calories from saturated fat Reduced fat cheese is exempt.		
<i>Trans</i> fat-free less than .5 g <i>trans</i> fat per serving		
≤35% of weight from sugar (includes naturally occurring and added sugars) F/V are exempt.		
<i>Gold Award of Distinction: (Sodium)</i> <200 mg sodium per non-entree <480 per entree Gold/Silver/Bronze: ≤480 mg per non-entree serving ≤600 mg per entree serving		
Portion sizes not to exceed the serving size of the food served in the NSLP/SBP; for other sales, the item package or container is not to exceed 200 calories		

Fruits and vegetables may be fresh, frozen, canned, or dried, and they must be found in Chapter 2 of the Food Buying Guide for Child Nutrition Programs. Contact USDA regional office for exceptions.		
Only low-fat (1% or less) or fat-free milk meeting State and local standards for pasteurized milk and/or USDA approved alternative dairy beverages.		
Establish 8-ounce serving limit on milk		
100% full strength fruit and vegetable juices <i>no sweeteners or non-nutritive sweeteners</i> ; and water (non-flavored, non-sweetened, non-carbonated, non-caffeinated, and no non-nutritive sweeteners).		
Establish 6-ounce limit on 100% juices.		
Additional Criteria		
Schools must submit a copy of their wellness policy to accompany the HUSSC application.		
Primarily non-food items should be sold through school fundraising activities. However, if food items are sold during the school day, they must meet the guidelines for competitive foods.		
Provide structured physical education: <i>Gold Award of Distinction</i> : minimum average 150 min/week throughout the school year. Gold: minimum average of 90 min/week throughout the school year. Silver/Bronze: minimum average of 45 min/week throughout the school year. And for all awards: Provide daily opportunities for unstructured physical activity for all children. School demonstrates a commitment to neither deny nor require physical activity as punishment.		
Nutrition education is provided to students in multiple grades and is provided for at least half but no fewer than two of the grade levels. Nutrition education is part of a structured and systematic unit of instruction, involving multiple channels of communication.		
School demonstrates a commitment to prohibit the use of food as a reward.		

Use this form to evaluate your School menus monthly to assure healthy meals are served to your children every day!

Go to www.teamnutrition.usda.gov for more information on *HealthierUS* School Challenge and to download an application.

Contact Patti Delger or Carrie Scheidel, Team Nutrition Project Co-Directors at patti.delger@iowa.gov (515-281-5676) and carrie.scheidel@iowa.gov (515-281-4758) for more information or assistance with *HealthierUS* School Challenge.